



Extension Nutrition Programs

FSNEP/EFNEP

A Bite in the Right Direction

"An apple a day keeps the doctor away." I'm sure you've heard that saying before. Is there any truth to it? It takes more than an apple to keep you healthy, but it's a "bite" in the right direction! Apples are delicious, low cost, low in calories, and a great source of dietary fiber. Try to keep the skin on because almost half the vitamin C content is just underneath the skin. Local apples are available from September through October. The tart, firm late-season apples (like Haralsons) are better for pie making, while the early apples, (like Transparent or Lodi) have a short storage life and are best for eating, applesauce, or apple butter. Here are a few of our favorite recipes.

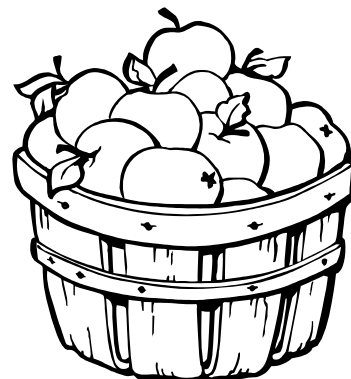
Tortilla Apple Strudel

Yield: 12 pieces

6 cups apples, finely chopped
1 cup raisins
 $\frac{3}{4}$ cup sugar
2 teaspoons cinnamon
1 package of 12 flour tortillas
 $\frac{1}{2}$ cup melted butter or margarine
 $\frac{3}{4}$ cup corn flakes, crushed

1. Preheat oven to 350 degrees and lightly oil a baking sheet.
2. Mix together the apples, raisins, sugar, cinnamon.
3. Working with one tortilla at a time, brush tortilla with melted butter and sprinkle with 1 Tablespoon corn flake crumbs.

4. Spoon about $\frac{1}{2}$ cup of apple mixture on tortilla and roll. Place the filled tortilla seam side down on the baking sheet.
5. Repeat with remaining tortillas.
6. Bake at 350 degrees for about 20 minutes. They should be brown and crisp.
7. These can be frozen and reheated.



Apple Coffee Cake

Yield: 9 servings

- 1 egg
- 3/4 cup sugar
- 1/3 cup vegetable oil
- 1 cups + 2 Tablespoons flour
- 1/2 teaspoon soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 1/2 cups grated apple (2 large)

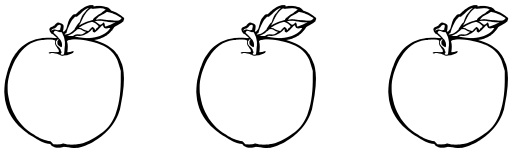
1. Pre-heat oven to 350°.
2. Beat egg until foamy.
3. Add sugar gradually.
4. Mix in oil.
5. Add flour, soda, salt and cinnamon along with grated apple. Mix until smooth.
6. Pour into greased 8 x 8 inch baking pan.
7. Bake at 350° for 30 to 40 minutes or until cake pulls away from pan.
8. Let cool

Optional thin frosting:

- 1 Tablespoon butter or margarine
- 1/2 cup powdered sugar
- 1 to 2 teaspoons lemon juice

1. Mix until smooth.
2. Spread thinly on cake.

Variation: Double recipe and bake in a 9 x 13 inch pan.



Apple Glazed Pork Chops

Yield: 4 servings

- 2 medium apples, thinly sliced
- 1 medium onion, thinly sliced
- 1/4 cup flour in a plastic bag
- 4 pork chops (3-4 ounces each)
- 2 teaspoons vegetable oil, divided
- 1/2 cup apple juice
- salt, pepper, and garlic powder to taste

1. Heat 1 teaspoon of oil in a pan over medium heat and cook the apples and onions until they begin to get soft. Set aside.
2. Place pork chops in the plastic bag with the flour and shake to coat the chops with flour. Shake remaining flour from the pork chops as you remove them from the bag.
3. Heat the other teaspoon of oil and pan fry the pork chops until browned on each side, about 5 minutes per side.
4. Add the apple mixture and the apple juice to the pan and bring to a boil. Heat until 160° on a meat thermometer. Season to taste and serve. (The coating on the pork chops will thicken the pan juices).



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